



QUICK START GUIDE



PERFORMANCE MONITOR (PM5)



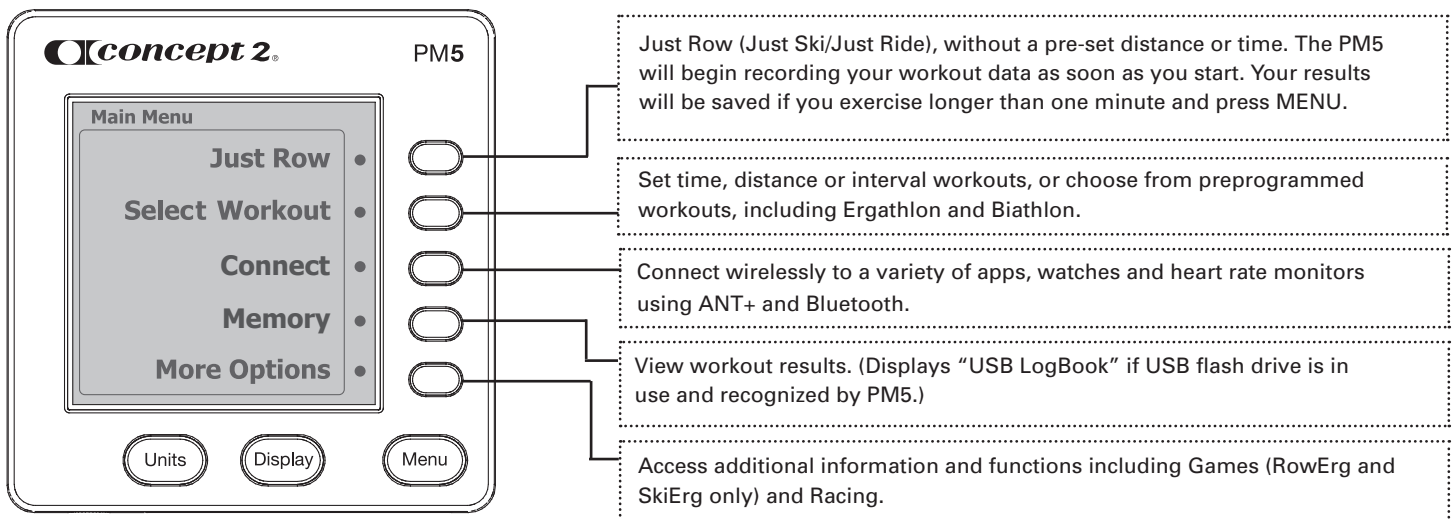
PM5

EN PERFORMANCE MONITOR (PM5)

The PM5 is included with all Concept2 RowErgs, SkiErgs and BikeErgs.

The operation and features of the PM5 are the same on all of these machines, though the displays and units will vary slightly depending on which machine you use.

The PM5 delivers reliable, comparable data for every workout and has Bluetooth and ANT+ wireless connectivity, allowing it to connect to heart rate belts, fitness devices and apps, including our own ErgData app and free online logbook.



RECORDING RESULTS, GETTING CONNECTED AND STAYING MOTIVATED

Recording workout data lets you track progress and measure your results. The PM5 automatically saves your workout data.

Concept2 provides a free **Online Logbook**, where you can store all your data for easier tracking and analysis. The Online Logbook also lets you participate in Concept2's annual series of challenges and motivational programs. Set up your free online logbook at concept2.com/logbook.

Options for transferring workout results from the PM5 to your online logbook include:

- ➔ **RECOMMENDED: Concept2's free ErgData app.** Available for both iOS and Android, ErgData connects wirelessly to the PM5 via Bluetooth. It enables easy uploading of your results to your online logbook. It also provides additional performance statistics and display options on your device during your workout and stores your results. concept2.com/ergdata.
- **Concept2 Utility.** Free software that enables you to use a USB cable or flash drive to transfer results from the PM5 to your online Logbook. concept2.com/usblashdrive and concept2.com/utility.
- **Manual Entry.** Enter your results to your online logbook manually at concept2.com/logbook.

Firmware

Firmware is the internal software that runs your Performance Monitor. Your PM5 comes preinstalled with the latest firmware, however, new and improved versions are offered regularly. Visit concept2.com/pm5firmware to update your PM5 using the free Concept2 Utility.

Calibration

BikeErg

The BikeErg will prompt you periodically to confirm the calibration, including whenever you program a distance that is part of our Online World Ranking. The process is simple and the PM5 will guide you through it. To confirm the calibration or start a full calibration at any other time, press More Options > Utilities > Calibration Utilities.

After moving the BikeErg to a different location, confirm the calibration to ensure accurate results.

RowErgs and SkiErg

Calibration on RowErgs and the SkiErg is performed automatically during the recovery phase of each stroke. Additional calibration is not necessary.

Visit concept2.com
for more information.

Sample Display The displays will vary slightly depending on which machine you use.

concept 2 PM5

Total elapsed time: :14 28 s/m

Total meters: 2:28 /500m

Average pace for workout

- RowErg and SkiErg: time per 500m
- BikeErg: time per 1000m

Split meters
The number of meters in a user-set distance or time.

Cadence

- RowErg and SkiErg: spm (strokes per minute)
- BikeErg: rpm (revolutions per minute)

Current Pace

- RowErg and SkiErg: time per 500m
- BikeErg: time per 1000m

Heart Rate (optional)
Requires additional chest belt.

Projected Finish
If current pace is maintained.

Buttons: Units, Display, Menu

UNITS
Push at any time to change units between Meters, Pace, Watts and Calories.

DISPLAY
Push to change display between All Data, Force Curve, Pacer, Bar Chart, Large Print.

MENU
Push to power up the PM, display the previous menu, or save workout results.

PM5 Views

Back View of PM5

Battery cover

Reset button

USB flash drive port

Race system jacks (2) used for connecting PMs for racing.

USB-B

Use 1.5 volt alkaline D Cell (LR20) batteries. Do not use lithium or 3.6 volt batteries. Remove batteries when not in use for a period of four months or more.

Bottom View of PM5

Sensor cable to flywheel

More Information

Using a Heart Rate Monitor:

The PM5 will receive and display heart rate data directly from a Bluetooth, Suunto™, Garmin® or ANT+™ HR chest belt. See **More Options** for set up.



Cleaning the PM

Use a cloth lightly dampened with water only. Do not spray with a cleaner or store outdoors.

Troubleshooting

Visit concept2.com/pm5.

WARNING! Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.